



H THE HEADLAND HOTEL
DADDYHOLE ROAD, TORQUAY

HARMONY BEAUTY ROOM

SPA PACKAGES

For the ultimate indulgence we have a selection of luxurious spa packages. Please see our separate packages menu for more information.

TO BOOK

To book your treatment today, please call our friendly reception team on +44 (0) 1803 295666 or email info@headlandtorquay.com.



MANICURES & PEDICURES

SPA LUXURY MANICURE OR PEDICURE | £38

1 Hour - This luxury treatment includes, soak, scrub, file, nail and cuticle trim, massage & heat treatment along with a polish of your choice.

SPA MANICURE OR PEDICURE | £30

45 Mins - Rejuvenate and replenish, includes nail shaping, cuticles, massage and polish of your choice.

MINI MANICURE OR PEDICURE | £25

30 Mins - Express treatment, includes file and polish of your choice

SHELLAC MANICURE OR PEDICURE | £30

1 Hour - A Durable finish lasts up to two weeks – Includes file, push back cuticles and apply of shellac - free removal when booked with us previously.

SHELLAC REMOVAL | £10

15 Mins - Removal of shellac soaked off that hasn't been previously been applied with us.

*“YOUR HANDS AND FEET
NEVER TAKE A DAY OFF,
SO TAKE CARE OF THEM.”*



MASSAGE TREATMENTS

AROMATHERAPY FULL BODY | £60

1 Hour - Aromatherapy massage is relaxing massage therapy with essential oils (highly concentrated plant oils) added to the massage oil or lotion.

AROMATHERAPY BACK, NECK, SHOULDER | £40

30 Mins - Some of the health benefits of aromatherapy include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, induce sleep, strengthen the immune system, reduce pain and improve digestion.

SWEDISH FULL BODY | £55

1 Hour - Swedish massages improve blood circulation, which helps you feel more energetic by increasing the flow of nutrient-rich oxygen to the muscles in your body in addition to stimulating the lymphatic system.

SWEDISH BACK, NECK & SHOULDER | £35

30 Mins - If you are experiencing muscle cramps and spasms, a Swedish massage with a focus on your problem areas can help relieve this pain.

HOT STONE BACK, NECK & SHOULDER | £45

30 Mins - Heat relaxes your body in a short space of time, so your therapist can focus on a deep working of the tissue using both hot stones and hand strokes.



HOT STONE FULL BODY | £65

1 Hour - Our therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

COLD STONE FULL BODY | £65

1 Hour - Perfect for the coolness and invigoration. It promotes healing, reduces swelling, and reduces pain on injured muscles and tissues.

COLD STONE BACK, NECK & SHOULDER | £45

30 Mins - Refreshing experience using cold stones on the body, a great energy boost.

FOOT & LEG MASSAGE | £33

30 Mins - Tired and aching feet are left feeling silky soft, relieved of unwanted pressure and strain.

*“RELAX YOUR MIND,
BODY AND SOUL...”*

All our treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own, personal well-being requirements.



FACE TREATMENTS

ESSENTIALS

QUENCH & PROTECT

Deeply hydrating & anti-pollution

Neroli Bigarade	30 min £30
Essential Oil Treatment	60 min £50

COCOON & REPAIR

Instantly nourishing & anti-tightness

Neroli Bigarade	30 min £30
Essential Oil Treatment	60 min £50

EVEN & BRIGHT

Brightening & anti-dark spot

Sweet Orange	30 min £30
Essential Oil Treatment	60 min £50

CLEAN & REBALANCE

Purifying & anti-blemish

Ylang Ylang	30 min £30
Essential Oil Treatment	60 min £50

CALM & STRENGTHEN

Soothing & anti-redness

Rose Damascena	30 min £30
Essential Oil Treatment	60 min £50

ANTI-AGEING

SMOOTH & GLOW

Energising & anti-oxidant

Green Mandarin	30 min £30
Essential Oil Treatment	60 min £50

PLUMP & LIFT

Lifting & anti-ageing

Lavender Fine	30 min £30
Essential Oil Treatment	60 min £50

SCULPT & REJUVENATE

Reidentifying & global anti-ageing

White Magnolia	30 min £35
Essential Oil Treatment	60 min £55

TARGETED

Soothing & anti-wrinkle

Smooth & Revitalise	30 min £30
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WAXING & TINT

Eyebrow Shape, Wax & Tint	30 min £18
Eyebrow Shape or Wax	20 min £10
Lip & Chin Wax	20 min £15
Eyelash Tint	20 min £10
Eyebrow Tint	20 min £11

RESET & REVITALISE

60 MIN | £55

Aromaplastie Ritual Treatment. The very first Decléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to Essential Oils and our blend of flaxseed, sunflowers, and plant vitamins.

MEN'S TREATMENTS

Perform & Energise (facial)	30 min £30
Back, Neck & Shoulder (Swedish massage)	30 min £35
Express Manicure	30 min £20
Express Pedicure	30 min £20

PRE NATAL-TREATMENT

60 MIN | £75

Baby on Board Face and Body Treatment Pregnancy Massage. Relax with a back, leg & foot massage followed by a Decléor Mini Facial. Safe for over 12 weeks.